

# Craving Change™

## **A How-to Workshop for Changing Your Relationship with Food**

- **Understand WHY you eat the way you do.**
- **Comfort yourself without food.**
- **Change your thinking, change your eating.**

3 (three) sessions

Thursday evenings from 7-9 pm

September 26th, October 3rd & 10th, 2019

Location: Moose Jaw Sask Polytech: Saskatchewan Drive

Please contact 306-694-0230 to register.



**Saskatchewan  
Health Authority**



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